

SUMMER 2017 UPDATE



Summer is finally here and so is another season of adventure! Our summer season begins with our annual **Summer BBQ** (p.6,8) on June 27th in Lincoln Park in West Seattle and our **White Water Rafting Trip** (p.6,8) on June 30th. Check out the event description for specific pick up times and more information.

Do you want to go on vacation for a week and experience the outdoors? Then our week long expedition trips are perfect for you! (p.10) We have three different adventures this year to get outside. Come with us on a backpacking adventure as we hike the **Goat Rock Wilderness**, sleep under the stars and enjoy the scenery on this six day trek. Maybe you want to explore the lakes of the Cascade Mountains on the **Cooper Lake Canoe Adventure** trip, where you will spend six days exploring lakes by canoe and kayak, as well as check out the local scenery through hiking day trips. If rock climbing is your thing, then you will want to go on the **High Mountain Adventure**, where you will spend six days camping out and climbing the beautiful rocks in Mazama, Washington. As always, no experience is necessary to go on ANY of these trips!

There are plenty of exciting day trips this season. North-end day trips are on Wednesdays, while South-end day trips are on Tuesdays. Whether you want to get out on the water through paddle sports, or you want to escape the Seattle heat on a waterfall hike, we have a variety of adventures for you. There are many new adventures this summer including **Archery** (p.8) and a **Guemes Island Ferry Trip** (p.7). This is your chance to pack your summer with memories and new experiences!

As you may have noticed, O2 likes to take advantage of the beautiful Seattle summer by getting out on the water. However, **to participate in any of the listed aquatic events, you need to pass a Float Test**. An aquatic event includes white water rafting, kayaking, boating, etc. Once you take a float test, your certificate will make you eligible for all O2 aquatic events for the next three years! Dates, pickup, and drop-off times for both the North and South-ends can be found on the float test information page (pg. 14).

Our summer events are always very popular so make sure to sign-up early! If you are interested in any of these O2 events, sign up with either Evan (North-end) at 206-423-1501 or Suzannah (South-end) at 206-423-3460. In order to confirm your slot for any O2 event, please contact Evan or Suzannah no later than a week before the event. Please keep track of the O2 events you sign up for and make sure to confirm your space.

We are very excited to share this summer with you and are looking forward to getting outside!
~ Bob, Emily, Evan & Suzannah~

Table of Contents:

| | | | |
|----------------------------|-----|--------------------------|-------|
| Summer Calendar..... | 2-5 | Pickup Location Map..... | 13 |
| North-End Day Trips..... | 6-7 | Float Tests..... | 14 |
| South-End Day Trips..... | 8-9 | Waivers..... | 15-20 |
| Overnight Trips..... | 10 | Equipment List..... | 21 |
| Student of the Season..... | 11 | | |
| Stipend Program..... | 12 | | |

Suzannah Klaniecki | 206-423-3460
Evan McKenna | 206-423-1501
Bob Warner | 206-760-3839
Emily Sachwald | 206-390-1018

www.seattle.gov/parks/teens/o2



June



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|--|---|--|----------|
| | | | | 1 South-end Sailing Program | 2 | 3 |
| 4 | 5 | 6 South-end Workshop Canoeing North-end Float test <i>P. 14</i> | 7 North-end Workshop Madrona Day of Play | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 North-end Float test <i>P. 14</i> | 21 | 22 | 23 | 24 |
| 25 | 26 Last Day of School! | 27 JOINT Day Trip Summer BBQ <i>P. 6,8</i> South-end Float Test <i>P. 14</i> | 28 Hiking Stipend Program Training <i>P. 12</i> | 29 Rock climbing Stipend Program Training <i>P. 12</i> South-end Float Test <i>P. 14</i> | 30 JOINT Day Trip White Water Rafting <i>P. 6,8</i> | |

Day Trip pickup time: 9:00—9:30 a.m.
Day Trip drop-off time: by 6 p.m.
Overnight trip pickup time: 8:45—9:30 a.m.
Overnight trip drop-off time: by 8 p.m.

Contact us to sign up for events!
Evan McKenna (North) | 206-423-1501
Suzannah Klaniecki (South) | 206-423-3460
www.Facebook.com/groups/O2program



July



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 Independence Day Holiday | 5 North-end Day Trip Denny Creek Waterslides <i>P. 6</i> | 6 Rock Climbing Stipend Program <i>P. 12</i> | 7 Hiking Stipend Program <i>P. 12</i> | 8 |
| 9 Trail Crew Stipend Program <i>P. 12</i> | 10 Trail Crew Stipend Program <i>P. 12</i> | 11 South-end Day Trip Archery <i>P. 8</i> Trail Crew Stipend Program <i>P. 12</i> | 12 North-end Day Trip Alki Beach Day <i>P. 6</i> Trail Crew Stipend Program <i>P. 12</i> | 13 Rock Climbing Stipend Program <i>P. 12</i> Trail Crew Stipend Program <i>P. 12</i> | 14 Trail Crew Stipend Program <i>P. 12</i> | 15 |
| 16 | 17 | 18 South-end Day Trip Mt. Baker Paddling Day <i>P. 8</i> | 19 North-end Day Trip Snow Lake Hike and Berry Picking <i>P. 6</i> | 20 Rock Climbing Stipend Program <i>P. 12</i> | 21 Hiking Stipend Program <i>P. 12</i> | 22 |
| 23 | 24 Joint Backpacking Trip <i>P. 10</i> | 25 NOTE—No South-end Day Trip this week | 26 NOTE—No North-end Day Trip this week | 27 | 28 | 29 |
| 30 | 31 | Joint Backpacking Trip <i>P. 10</i> | Joint Backpacking Trip <i>P. 10</i> | Joint Backpacking Trip <i>P. 10</i> | Joint Backpacking Trip <i>P. 10</i> | Joint Backpacking Trip <i>P. 10</i> |

Day Trip pickup time: 9:00—9:30 a.m.
Day Trip drop-off time: by 6 p.m.
Overnight trip pickup time: 8:45—9:30 a.m.
Overnight trip drop-off time: by 8 p.m.

Contact us to sign up for events!
Evan McKenna (North) | 206-423-1501
Suzannah Klaniecki (South) | 206-423-3460
www.Facebook.com/groups/O2program



August



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|--|---|--|---|
| | | 1 South-end Day Trip Wild Waves <i>P. 8</i> | 2 North-end Day Trip Canoeing <i>P. 7</i> | 3 Rock Climbing Stipend Program <i>P. 12</i> | 4 Hiking Stipend Program <i>P. 12</i> | 5 |
| 6 | 7 North-end Water Adventure Overnight Trip <i>P. 10</i> | 8 South-end Day Trip MOPOP and Outdoor Movie <i>P. 9</i> North-end Water Adventure Overnight Trip | 9 NOTE—No North-end Day Trip this week North-end Water Adventure Overnight Trip <i>P. 10</i> | 10 North-end Water Adventure Overnight Trip <i>P. 10</i> | 11 Hiking Stipend Program <i>P. 12</i> North-end Water Adventure Overnight Trip <i>P. 10</i> | 12 North-end Water Adventure Overnight Trip <i>P. 10</i> |
| 13 | 14 | 15 South-end Day Trip Snorkeling <i>P. 9</i> | 16 NOTE—No North-end Day Trip this week Stipend Program Restoration Day <i>P. 12</i> | 17 | 18 | 19 |
| 20 | 21 South-end High Mountain Adventure <i>P. 10</i> | 22 NOTE—No South-end Day Trip this week South-end High Mountain Adventure <i>P. 10</i> | 23 North-end Day Trip Guemes Island Ferry Trip <i>P. 7</i> South-end High Mountain Adventure <i>P. 10</i> | 24 South-end High Mountain Adventure <i>P. 10</i> | 25 South-end High Mountain Adventure <i>P. 10</i> | 26 South-end High Mountain Adventure <i>P. 10</i> |
| 27 | 28 | 29 South-end Day Trip Horseback Riding <i>P. 9</i> | 30 North-end Day Trip Horseback Riding <i>P. 7</i> | 31 | | |

Day Trip pickup time: 9:00—9:30 a.m.
Day Trip drop-off time: by 6 p.m.
Overnight trip pickup time: 8:45—9:30 a.m.
Overnight trip drop-off time: by 8 p.m.

Contact us to sign up for events!
Evan McKenna (North) | 206-423-1501
Suzannah Klaniecki (South) | 206-423-3460
www.Facebook.com/groups/O2program



September



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|----------------|---------|-----------|----------|--------|--|
| | | | | | 1 | 2 |
| 3 | 4 Labor Day | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 JOINT event Camp Long Mountain Fest <i>P.7, 9</i> |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

Day Trip pickup time: 9:00—9:30 a.m.
Day Trip drop-off time: by 6 p.m.
Overnight trip pickup time: 8:45—9:30 a.m.
Overnight trip drop-off time: by 8 p.m.

Contact us to sign up for events!
Evan McKenna (North) | 206-423-1501
Suzannah Klaniecki (South) | 206-423-3460
www.Facebook.com/groups/O2program

NORTH-END DAY TRIPS—WEDNESDAYS

Pickups and Drop-offs:

NORTH-END students can meet the green Parks van at:

Rainier Community Center—9:00 a.m.

Garfield Community Center—9:15 a.m.

Northgate Community Center—10:00 a.m.

Return to Rainier CC/Garfield CC/Northgate CC—by 6 p.m.

Tuesday, June 27: Summer BBQ Kick-off

Note: Pickup times for event: Northgate CC 9:45 a.m./Garfield CC 10:15 a.m./ Rainier CC 10:30 am. The barbecue will be over by 2 p.m. School is out and what a better way to celebrate than our annual O2 picnic! Come celebrate the beginning of summer with friends new and old at Lincoln Park on the beach. We will be serving lots of food, games, a first chance to sign up for summer calendar events in person, and of course, a water fight!

Friday, June 30: White Water Rafting

Dive head first into O2's favorite season, summer, with our annual white water rafting trip to the Wenatchee River. Brave the rapids and crystal clear water of the Wenatchee as we hold on during this natural roller coaster. Pickup times will be: Rainier CC 8:15 a.m. Garfield CC 8:30 a.m. Northgate CC 9:00 a.m. return 8 p.m. **Float Test required. p.14 Waiver required p.15 & 16*

Wednesday, July 5: Denny Creek Waterslides

Come out on a short hike that leads to a series of waterfalls and a smooth natural waterslide made from huge granite slabs. It's a fun, wet and slippery escape from the city for a day. Come hang out with us for a day of fun in the sun! A float test is NOT required, but come prepared to get wet with swimwear, good swimming shoes/sandals and a towel.

Wednesday, July 12: Alki Beach Day

Enjoy the summer sun on the beach during this day trip. We will rent bikes, bring a picnic and some games to take advantage of the beautiful Seattle weather. No experience necessary!

Wednesday, July 19: Snow Lake Hike and Berry Picking

Explore the Alpine Lakes Wilderness with a hike to the stunning Snow Lake. Surrounded by towering mountains, the most prominent being Chair Peak, we will pick berries to our heart's content. Huckleberries, alpine blueberries, and salmonberries are some of the berries we will eat that you can only find in the mountains, not the grocery store!



Space is limited on these events, so please call or text **Evan** and leave a message to sign up for all North-end events! **206-423-1501**



NORTH-END DAY TRIPS

NORTH-END DAY TRIPS—WEDNESDAYS

Pickups and Drop-offs:

NORTH-END students can meet the green Parks van at:

Rainier Community Center—9:00 a.m.

Garfield Community Center—9:15 a.m.

Northgate Community Center—10:00 a.m.

Return to Rainier CC/Garfield CC/Northgate CC—by 6 p.m.

Wednesday, August 2: Canoeing on Lake Washington

Summer is a great time to get out on the water. Let's spend the day paddling around one of our beautiful lakes, sunbathing, and BBQ-ing. ****Float Test required for this event. p.14***

Wednesday, August 23: Guemes Island Ferry Trip

One of the lesser known islands in the San Juan Islands, Guemes island is a real hidden gem. We will be taking an antique ferry from Anacortes to explore the history and natural beauty of the island. Highlights will include a tour of a local blacksmith shop, checking out the local lighthouse and plenty of beach exploration and games!

Wednesday, August 30: Horseback Riding

We are very excited to offer horseback riding as an O2 day trip this summer! This is one of our most popular events. Ride the trails and experience the hillside from the unique perspective of horseback. Please contact Evan to sign up. No prior horseback riding experience is necessary. *Please bring the Flying Horseshoe Ranch waiver signed by a parent / guardian on p.17 the day of the event. Also, it is extremely important that you wear pants and closed-toed shoes to this event.*

Saturday, September 16: Camp Long Mountain Fest

Camp Long's Mountain Fest event is a great way to experience all of the amazing outdoor opportunities right here in Seattle. Try out rock climbing or rappelling, enter in contests for a chance to win free swag, and get vertical on Camp Long's aerial Challenge Course! This day trip is bound to get the adrenaline pumping!



SOUTH-END DAY TRIPS— TUESDAYS

Pickups and Drop-offs:

SOUTH-END students can meet the white Parks van at:

Rainier Beach Community Center—9:00 a.m.

Jefferson Community Center—9:15 a.m.

Camp Long—9:30 a.m.

Return to Rainier Beach CC/Jefferson CC/Camp Long—by 6 p.m.

Tuesday, June 27: Summer BBQ Kick-off

Note: Pickup times for this event are: Rainier Beach CC 10 a.m./Jefferson CC 10:15 a.m./Camp Long 10:30 a.m. The barbecue will be over by 2 p.m. If able, please find your own way to Lincoln Park! School is out and what a better way to celebrate than our annual O2 picnic! Come celebrate the beginning of summer with friends new and old at Lincoln Park on the beach. We will be serving lots of food, games, a first chance to sign up for summer calendar events in person, and of course, a water fight!

Friday, June 30: White Water Rafting

Dive head first into O2's favorite season, summer, with our annual white water rafting trip to the Wenatchee river. Brave the rapids and crystal clear water of the Wenatchee as we hold on during this natural roller coaster. Pickup times will be: Camp Long 8 a.m., Jefferson CC 8:15, Rainier Beach CC 8:30 and returning to Seattle by 8 p.m. **Float Test required. See page 14. Waiver required on page 15 & 16.*

Tuesday, July 11: Archery

For the first time in O2 history, we are trying our luck on the archery field. As most of us are beginners, come and learn first-hand how to work and fire a bow and arrow with us! *Please complete Next Step Archery permission form page 20.*

Tuesday, July 18: Mt. Baker Paddle Day

Kayaking, canoeing, and stand-up paddle boarding are all available for you to try this day as we explore our way around Lake Washington. This is a great day to try different paddle sports that you might not have done before and see what you like best! **Float Test required. See page 14. Waiver required p. 18.*

Tuesday, August 1: Wild Waves

This is your chance to ride the slides at Washington's only water and amusement park. Come for the thrills of racing down a waterslide, riding the lazy river on a innertube, or riding a rollercoaster. A float test is NOT required but come prepare for a day of fun inside the water and out! **Waiver on p.19*



SOUTH-END DAY TRIPS— TUESDAYS

Pickups and Drop-offs:

SOUTH-END students can meet the white Parks van at:

Rainier Beach Community Center—9:00 a.m.

Jefferson Community Center—9:15 a.m.

Camp Long—9:30 a.m.

Return to Rainier Beach CC/Jefferson CC/Camp Long—by 6 p.m.

Tuesday, August 8: MOPOP and Outdoor Movie

NOTE – Pick up times are later for this event: 1:00 PM Camp Long, 1:15 Jefferson, 1:30 Rainier Beach
Let's get out and have some fun with movie night! We will visit MOPOP in the late afternoon: check out all the cool actual movie props and costumes, and go to an outdoor movie into the evening. Please bring an extra layer of warmth and a blanket for the outdoor movie lawn.

Tuesday, August 15: Snorkeling

Under the water there is a whole host of animals, plants, and other peculiar things. This snorkeling trip will explore some of our local spots to get a fun new perspective on the world underneath the waves. No matter if you like to swim around like a seal or float like a jellyfish this day trip will be a great adventure! **Float Test required. See page 14.*

Tuesday, August 29: Horseback Riding

Horseback riding is back by popular demand! We are heading to a famous old-school ranch in Eastern WA for a fun day of riding. Beginners are welcome. Please bring long pants, sunscreen, and close-toed shoes. We may also have access to the swimming pool after the ride. *Please bring the Flying Horseshoe Ranch waiver signed by a parent / guardian on p.17 the day of the event. Also, it is extremely important that you wear pants and closed-toed shoes to this event.*

Tuesday, August 29: Saturday, September 16: Camp Long Mountain Fest

Camp Long's Mountain Fest event is a great way to experience all of the amazing outdoor opportunities right here in Seattle. Try out rock climbing or rappelling, enter in contests for a chance to win free swag, and get vertical on Camp Long's aerial Challenge Course! This day trip is bound to get the adrenaline pumping!



Space is limited on these events, so please call or text **Evan (North)** or **Suzannah (South)** and leave a message to sign up for all events!
North-end Contact (Evan) : 206-423-1501 | South-end Contact (Suzannah) : 206-423-3460

Pickups and Drop-offs for Trips:

NORTH-end students can meet the green Parks van at:
Rainier Community Center—9 a.m.
Garfield Community Center—9:15 a.m.
Northgate Community Center—10 a.m.
Return to Rainier CC/Garfield CC/Northgate CC—by 8 p.m.

SOUTH-end students can meet the white Parks van at:
Rainier Beach Community Center —9 a.m.
Jefferson Community Center – 9:15 a.m.
Camp Long – 9:30 a.m.
Return to Jefferson CC/Rainier Beach CC/Camp Long— by 8 p.m.

JOINT TRIP

Monday—Saturday, July 24—29th: Backpacking Trip in the Goat Rock Wilderness

This year O2 will be having a Joint North and South backpacking trip! Together we will be trekking through the Goat Rocks Wilderness. We will be enjoying stunning mountain views, wildflowers and crisp, clean air while sleeping under the stars. In addition, we will discuss the basics of back-country living, some survival skills and how to have a great time on the trails. No experience required. However, it should be noted that we will be carrying all of our necessities on our backs and living without electricity and amenities for the entire week. Please be aware that this will be a physically challenging trip. This is a very special and unique experience!

NORTH-END TRIP

Monday—Saturday, August 7—12: Cooper Lake Overnight Trip

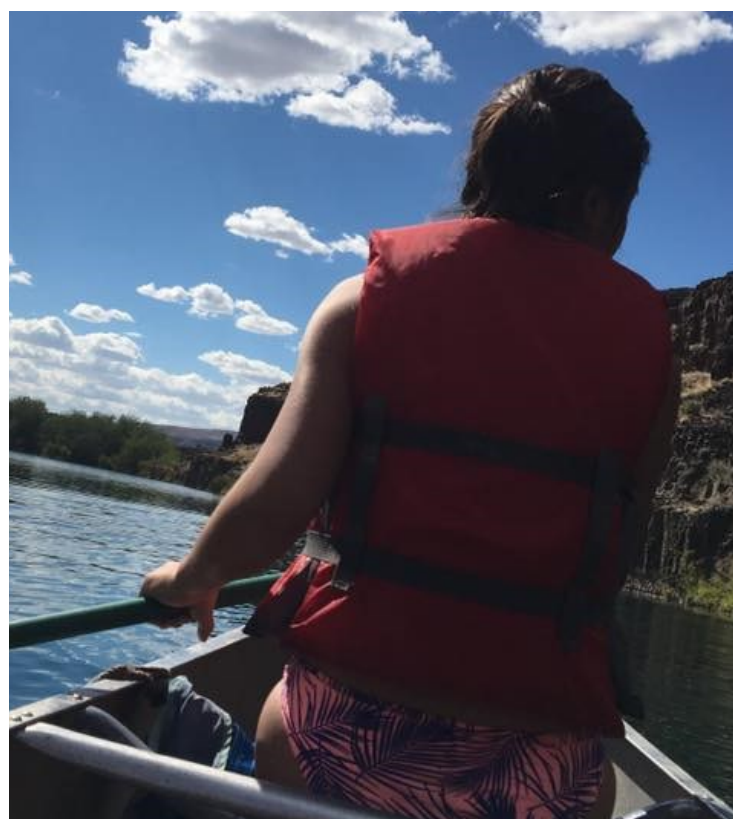
Instead of hiking in the backcountry, we are going to let our canoes guide the way! On this week long canoeing expedition, we will be packing all of our gear, clothes, and food onto a canoe: as we paddle from destination to destination. Everything we need for the trip we will carry in our canoes. We will try fishing and day hiking in the surrounding wilderness! During the trip we will be living without electricity and amenities. Come visit one of the most beautiful canoeing destinations in Washington! Beginner paddlers are welcome. *A float test (pg.14) is required to attend this trip.*

SOUTH-END TRIP

Monday—Saturday, August 21—26:

High Mountain Adventure

This summer's south-end week long trip will head into the high mountains of the North Cascades. We will be camping along the sands of a mountain stream: rock climbing, cooling down in a local swimming area, and even ascend a mountain peak! This trip is a once in a lifetime experience. Beginner climbers are welcome to attend!



SUMMER 2017

STUDENT OF THE SEASON



NORTH-END:

Zheontae "Z" Payne

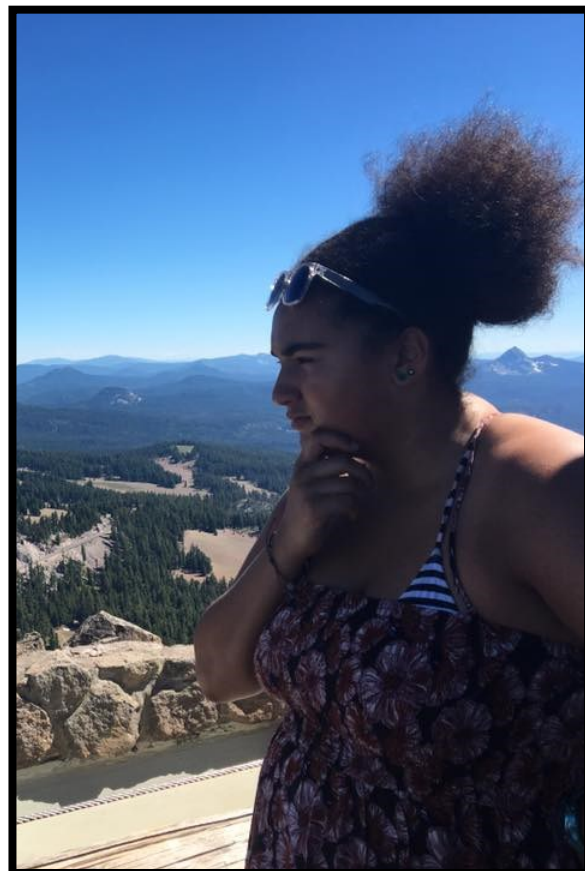
Z joined O2 three years ago and has been a fixture in the program ever since. He has a warm, inclusive personality which we love to see in O2. Whether you have been in the program for years or it's your first trip, Z will make you feel like this is the exact place you belong. Z has a passion for all things O2. He has participated in backpacking, rock climbing, canoeing, kayaking and snowshoeing, however Z excels

in service. Z has done the week long trail crew stipend program with the United States Forest Service as well as the migratory bird festival. His strong work ethic is contagious and he is a natural leader on projects. Cheers to you Z and to all the future adventures we will have together!



SOUTH-END: Lennae Starr

Lennae is an absolute Rockstar of O2! A participant for the last four years, she has willingly tried almost everything O2 has offered and often is coming up with our ideas on what to try next. We love her infectious enthusiasm and joyful attitude that always accompany her. She is constantly making jokes and puns which will leave the group laughing. Lennae has participated in our Trail Crew stipend program, was a star in our O2 video, and a great companion on many week long trips, including: backpacking, canoeing, the National Park Road Trip, and the rock climbing in Canada! We look forward to seeing what Lennae will accomplish in the next few years! She is headed off to college this fall and we know she will have a whole new set of adventures to share with us.





\$TIPEND PROGRAMS\$



STIPEND PROGRAMS: The O2 stipend programs are wonderful opportunities for participants to gain valuable work skills while having an amazing time. If you are interested in participating in our stipend programs, you will need to go through an application and selection process. **The deadline to submit your application is June 10. No late applications will be accepted.** We will then contact you to discuss your enrollment status.

****Please note that the Rock Climbing and Hiking positions rely on outside funding and if we do not receive this money we will be unable to offer those opportunities.**

O2 Rock Climbing Program: June 29 July 6, 13, 20 August 3 and September 16

Earn \$200.00

What: You will be belaying (the rope safety system for climbing) and teaching community center youth how to rock climb. This is an empowering, motivating experience and you will gain valuable skills to use at future jobs. To get full compensation you need to work 4 of 5 of the rock climbing dates PLUS the training day.

No climbing experience necessary!

Mandatory Training: Thursday June 29, 10 a.m.-4 p.m. Meet at Camp Long, 5200 35th Ave SW.

Work days: You must attend 4 out 5 climbing days (July 6, 13, 20 August 3 and September 16).

Meet at Camp Long at 7 a.m. Return by 6 p.m.

O2 Hiking Program: June 28th, July 7th, 21 and August 4, 11

Earn \$150.00

What: Lead trips for community center youth learning how to hike and navigate through wilderness. You will be responsible for teaching them safety and technical skills as well as encouraging and helping them. To get full compensation you need to work 3 out of 4 of the hiking dates PLUS the training day. No hiking experience necessary!

Mandatory Training: Wednesday June 28, 9 a.m.-4 p.m. at Garfield Community Center, 2323 E Cherry Street.

Work days: You must attend 3 out of 4 of the Friday hiking days (July 7, 21 and August 4, 11).

Meeting time is 9:00 a.m., returning by 5:00 p.m. at Garfield Community Center.

Week Long Trail Crew: July 9th – July 14

Earn \$378.80

What: This is a 6-day trip into the Mount Baker-Snoqualmie National Forest. We will be working long, hard days maintaining and building trails. We will be camping with limited shower access. Take advantage of this opportunity to build muscles, get dirty and get paid!

Mandatory Training: Training will be on Sunday, July 9 at Discovery Park beginning at noon.

Parents are invited to an informational session from 12-1 p.m. We will spend the night at Discovery Park and leave Monday morning for the National Forest.

Work days: Trail crew will begin Sunday, July 9 at Discovery Park, 12 p.m. We will return by 8 p.m. on Friday, July 14 **Yes, you have to attend the entire project!**

Steven's Pass Restoration Project August 16th :

Earn \$45.00 for one day!

What: A one-day restoration trip to help keep our wild spaces pristine! You will spend about 5 hours working, and then we will have a picnic to finish off the day. *Please be prepared with clothes that you don't mind getting dirty: long jeans or work pants, covered toed shoes, and a long sleeve shirt.*

When: South-end pickups will be at Camp Long at 8 a.m. and Jefferson CC at 8:15 a.m. North-end pickups are Rainier CC at 8 a.m. and Garfield CC at 8:30 a.m. Northgate CC at 9:00 a.m. Return by 8 p.m.

1. Rainier Community Center

4600 38th Ave. S, Seattle, WA
(206) 386-1919

Bus lines: 7, 9

Directions from the corner of Rainier and Alaska:

Walk downhill (east) on Alaska. Walk one block past the Rainier Playfield on your left.

Meeting Location: Meet the Parks van in the parking lot of the community center.

2. Garfield Community Center

323 E Cherry St, Seattle, WA
(206) 684-4788

Bus Line(s): 3, 4, 48

Directions: The Community Center is located on the corner of E. Cherry St and 23rd Ave.

Meeting Location: Meet the Parks van in the community center parking lot on East Cherry Street.

3. Northgate Community Center

10510 5th Ave NE, Seattle, WA
(206) 386-4283

Bus Line(s): 16, 68, 75, 242

Directions: The community center is located behind the Northgate Library, across from Macy's on 5th Ave., between NE Northgate Way and NE 105th St.

Meeting Location: Meet the Parks van in the lot behind the library next to the playground.

4. Camp Long Environmental Learning Center

5200 35th Ave. SW, Seattle, WA
(206) 684-7434

Bus lines: 21, C Line

Driving Directions From I-5:

Take exit 163A, merge onto West Seattle Bridge. Take a left onto 35th Ave SW. Follow 35th Ave. SW past Alaska St. Turn left on SW Dawson St.

Meeting Location: Meet the Parks van in the parking lot in front of the Camp Long Lodge.

5. Jefferson Community Center

3801 Beacon Ave. S, Seattle, WA
(206) 684-7481

Bus lines: Light Rail, 36

Driving Directions From I-5:

Take exit 163A toward S. Columbian Way. Turn left onto S. Spokane St. Turn right on Beacon Ave S.

Meeting Location: Meet the Parks van in the parking lot of the community center near the front entrance.

6. Rainier Beach Community Center

8825 Rainier Ave S, Seattle, WA
(206)-386-1925

Bus Lines: 106, from downtown: 7

Driving Directions: Down the street from Rainier Beach High School, cross street Rainier and S. Henderson St.

Meeting Location: Parking lot in front of the community center.





Float Tests



If you want to participate in any O₂ event that takes place on the water, you need to have passed a city approved float test. A float test is when you prove to a lifeguard that you can tread water while wearing long pants and a long sleeve shirt for 10 minutes and put on a lifejacket. **You *do not* need to be a good swimmer to pass the test.**

Standard Float Test

-To pass a Standard Float Test, you must tread water in the deep end of the pool for 9 minutes. In the 10th minutes, the lifeguard will ask you to put on a life jacket while you are still treading water. At no time are you allowed to touch the side of the pool.

-A Standard Float test is good for three years and allows you to do any O₂ aquatic event.

Upcoming O₂ Float Tests Include:

O₂ North-end:

Tuesday— June 6

Tuesday— June 20

Pickups:

Northgate CC—5:45 PM

Garfield CC—6:30 PM

Rainier CC 6:45 PM

Back by 9:30 PM

O₂ South-end:

Thursday —June 27

Tuesday —June 29

Pickups:

Rainier Beach —6:30 PM,

Jefferson—6:45 PM

Camp Long—7:00 PM

Back by 9:00 p.m.

OR call the pool nearest you to see when you can take the test! Medger Evers Pool (near Garfield HS) has open swim times: Mon and Wed—7-8 p.m. and Fri—6:30-8:00 p.m., Sat—1:00—2:30 p.m., Sun—2-3:30 p.m. Southwest Community pool (near Chief Sealth HS) has open swim times: Tues and Thurs—7:30-8:30 p.m., Fri—4:30-5:30 p.m., and Sat—1-2 PM, Sun— 4-5 p.m.

You can **ONLY** take a float test at the following Seattle Parks city pools:

| | |
|---|---|
| Ballard Pool (684-4094) | Queen Anne Pool (386-4282) |
| Evans Pool at Green Lake (684-4961) | Rainier Beach (386-1944) |
| Medger Evers Pool near Garfield CC (684-4766) | Southwest Pool in West Seattle (684-7440) |
| Madison Pool in Bitter Lake (684-4979) | Coleman Pool in West Seattle (684-7494) |
| Meadowbrook Pool off Lake City Way(684-4989) | Mounger Pool in Magnolia (684-4708) |

WHAT TO BRING—If you are taking the test on your own:

- **Photo identification**
- **\$3.00 to get into the pool**
- **Long pants /long sleeved shirt—you will do your float test with your clothes on!**
 - **Try to avoid bringing jeans or sweat pants, these get heavier when wet. Fleece or leggings work great!**
- **Change of clothes**

Please submit your completed and signed Float Test to Evan or Suzannah prior to attending an O₂ aquatic trip.

Orion Rafting Waiver (1 of 2)

ORION EXPEDITIONS, INC.

RELEASE AGREEMENT AND ACKNOWLEDGEMENT OF RISK

I, the undersigned, in consideration of the services of Orion Expeditions, Inc., its officers, directors, employees, contractors, agents and representatives (collectively referred to in this Agreement as "Orion"), hereby agree to release and discharge Orion, on behalf of myself, my heirs, assigns, personal representatives, dependents, and estate as follows:

1. I understand and acknowledge that the activity I am about to voluntarily engage in as a participant and/or volunteer bears known risks and unanticipated risks which could result in serious injury, death illness or disease, physical or mental, or damage to myself, to my property or to spectators or other third parties. The following describes some, but not all, of those risks:

- (a) Accident or mishap while traveling to and from the river, whether in vehicles operated by Orion, or in vehicles operated by other persons;
- (b) Collision with any object or person in or outside the boat, or on land, or on the river, or in the river, including, among others, collisions with equipment, other persons, rocks, boulders or trees;
- (c) Any attempt on my part to perform beyond my physical and/or mental ability, and/or the aggravation, recurrence or onset of any pre-existing medical condition of mine;
- (d) Failure on my part or on the part of other guests to comply with any Orion instruction;
- (e) Falling from the boat into the river, or onto a rock, tree or other object, or onto the river bank, and any slip or fall on any terrain;
- (f) Entanglement in, or entrapment by any rope, line, webbing or other equipment, or entanglement in, or entrapment by any other object in or around the river, including, among others, rocks, boulders, trees or man-made objects;
- (g) Failure of equipment, whether owned by me, or provided by or rented from Orion;
- (h) The forces of nature, including, among other things, strong currents, large waves, powerful hydraulics, and/or inclement weather;
- (i) Swimming or floating in the river, drowning, hypothermia, exposure, heat-related illness and/or shock; and/or
- (j) Emergency evacuation and rescue, including among other things, evacuation and rescue from remote and/or hazardous situations.

WHITEWATER RAFTING DOES NOT TAKE PLACE IN A CONTROLLED ENVIRONMENT. AND WILL ALWAYS BE SUBJECT TO THE RISKS POSED BY THE FORCES OF NATURE. THE NATURE AND EXTENT OF THOSE RISKS ARE NOT CAPABLE OF PRECISE DETERMINATION OR CONTROL. EVEN BY PERSONS WITH MANY YEARS OF RAFTING AND GUIDING EXPERIENCE. RAFTING AND/OR ASSOCIATED ACTIVITIES ARE DANGEROUS ACTIVITIES.

2. Being aware that this activity entails known and unknown risks of my serious injury, death or property damage, and risks of serious injury, death or property damage to spectators or other third parties in consequence of my actions, I expressly agree, covenant and promise to accept and assume all responsibility and risk for all and any injury, death, illness or disease, or damage to myself, to others, or to my property arising from my participation in this activity. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to hold harmless, defend and indemnify Orion from and against any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including specifically but not limited to the negligent acts or omissions of Orion, its agents or employees, and all other persons or entities, for any and all injury, death, illness or disease, and damage to myself or to my property.

Orion Rafting Waiver (2 of 2)

IN SIGNING THIS DOCUMENT, I FULLY RECOGNIZE THAT IF ANYONE, INCLUDING ME, IS HURT OR DIES OR PROPERTY IS DAMAGED WHILE I AM ENGAGED IN THIS EVENT, I WILL HAVE NO RIGHT TO MAKE A CLAIM OR FILE A LAWSUIT AGAINST ORION, OR ITS OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, CONTRACTORS OR REPRESENTATIVES, EVEN IF THEY OR ANY OF THEM NEGLIGENTLY CAUSED THE BODILY INJURY, DEATH OR PROPERTY DAMAGE.

4. Should it become necessary for Orion, or someone on Orion's behalf, to incur attorneys' fees and costs to enforce and/or interpret this agreement, or any portion of this Agreement, I agree to pay the reasonable costs and attorneys' fees incurred by Orion and such persons, or for which they incur any liability.

5. I agree to refrain from consuming any alcohol or other intoxicants for any period during which they may adversely affect me while rafting. I am affected by the following medical conditions (including allergies), and am taking the following drugs: _____

I have consulted with a medical professional concerning the use of such drugs and the effect of such conditions while rafting. In the event of illness or injury occurring while rafting, I hereby consent in advance to whatever medical or surgical diagnostic and/or restorative procedure or treatment is considered necessary in the judgment of the attending physician, medical technician or guide furnishing medical services.

6. I certify that I have sufficient health, accident and liability insurance to cover any bodily injury or property damage I may incur while participating in this event and to cover bodily injury or property damage caused to a third party as a result of my participation in this event. If I have no such insurance, I certify that I am capable of personally paying for any and all such expenses or liability.

7. If any provision of this Agreement is held to be invalid, such invalidity shall not render invalid the remainder of this Agreement or the remainder of the section of which such invalid provision is a part. If any provision of this Agreement is so broad as to be held unenforceable, such provision shall be interpreted to be only so broad as is enforceable.

Signature of participant: _____ Print name: _____

If under 18, signature
of parent or guardian: _____ Print name: _____

Address: _____

Phone: _____ Date: _____

River: _____ Witness: _____

(Print Name) _____

**RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT
FLYING HORSESHOE RANCH
READ BEFORE SIGNING**

PARTICIPANT'S NAME _____ AGE _____

Name of Parent or Guardian (if participant is a minor) _____
(Please Print)

IN CONSIDERATION of being permitted to participate among and on horses on the premises or under the authority of the Flying Horseshoe Ranch, on my behalf and on behalf of the participant named above I acknowledge, appreciate, and agree that:

1) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis or death. The risk includes, but is not limited to, my being in the presence of, mounted on, and/or leading horses and includes but is not limited to property damage, injury, or death resulting from the dangers or conditions that are an inherent risk of equine activity. Examples of these dangers are: getting kicked, bitten, bucked off, or falling off of a horse.

2) By signing this RELEASE OF LIABILITY, I UNDERSTAND AND KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, EVEN IF ARISING FROM THE NEGLIGENCE OR LEGAL LIABILITY of those persons released from liability below, and assume full responsibility for my participation. I understand that there may be other risks, as well, and I agree to assume them; I am not relying on the Flying Horseshoe Ranch to list all possible risks to me.

3) I will comply with all rules and regulations of the Flying Horseshoe Ranch. If I have any questions, or observe any unusual or unnecessary hazard during my participation, I will immediately notify the nearest wrangler, manager, or owner of the Flying Horseshoe Ranch.

4) I feel that the possible benefits to myself / my son / my daughter / my ward of participation in equine activities or being around horses or on the Flying Horseshoe Ranch's property are greater than the risk assumed. I hereby, intending to be legally bound, for myself on behalf of my heirs and assigns, personal representatives, and next of kin, waive and release forever all claims of damages against the Flying Horseshoe Ranch and its wranglers, employees, owners and affiliated persons for any and all injuries and/or losses I / my son / my daughter / my ward may sustain while participating in the Flying Horseshoe Ranch's horsemanship programs either on or off site, or while being on or near the premises of the Flying Horseshoe Ranch.

This release shall be valid starting from date executed for as long as participant either (1) participates in any activities associated with or (2) is on or near the premises of the Flying Horseshoe Ranch. If participant is a minor, Parent or Guardian executes this agreement on behalf of himself/herself as well as the minor child or legal ward.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT OR COERCION BY ANYONE.

X _____ Age _____ Date Signed _____
Client/Volunteer/Parent or Guardian if Minor (Under age 18)

Received by _____ Date _____

Mount Baker Rowing and Sailing (SUP) Waiver (1 of 1)



Seattle Parks and Recreation
Small Craft Programs



ASSUMPTION OF RISK AND RELEASE FORM

Participant Name _____

Address _____

City _____ State _____ Zip _____

Phone-home (____) _____ Phone-work/cell (____) _____

Emergency Name _____ Emergency Phone(____) _____

E-mail _____ . (All addresses are kept under strict confidentiality)

Sex: M F Birthdate: _____ Ethnic Origin** _____

****ETHNIC ORIGIN:** Information is used for statistical purposes and is not required for participation. A=Asian; B=Black/African American; H=Hispanic; M=Mixed; N=Native American; P=Pacific Islander; W=Caucasian; O=Other.

Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold, and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate.

Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years of age.

Signature of Participant (if 18yrs and older)
*Parent or Guardian signature required for
participants under the age of 18.*

Date

Seattle Parks and Recreation, the Associated Recreation Council, Boating Advisory Council may use stills/video photography of this participant for use in publications. Yes No Initial Here _____

How did you hear about our facility or programs? Drive/Walk by _____ Word of Mouth _____
Brochure _____ Parks Web-site _____ Other – please specify: _____

Wild Waves Permission Slip

Name: _____ Age _____ Sex _____

Address: _____ Phone _____

Do you know how to swim Yes " No "

Are you comfortable in deep water? Yes " No "

I hereby give my consent for _____ to participate in the Wild
(participant)

Waves trip being conducted or co-sponsored by the Seattle Department of Parks and Recreation. I am aware of all the inherent dangers of participation in this event, including but not limited to the possibility of serious personal injury, death or damage to personal property. I understand that the City of Seattle or its Department of Parks and Recreation, or employees, agents, or volunteers of the department make no representations about the condition of the Wild Waves facility or the safety of those participating in the event.

In consideration of the right to participate in the event, I hereby assume all risks arising from participation in the event, and hold the City of Seattle, the Department of Parks and Recreation, department's employees or agents, the advisory council, and any volunteers associated with the program harmless from any liability, claims, demands, or causes of action of any kind or nature whatsoever, known or unknown, including attorney's fees and court costs, that may arise in connection with my participation in the event. The terms of this release, and hold harmless agreement shall be binding upon my heirs, assigns, personal representatives, and all members of my family.

I have fully informed myself of the contents of this release and hold harmless agreement by reading it before I sign it.

Activities at Wild Waves include, but are not limited to:

Use of high, large slides:

- May cause dizziness and/or discrimination
- May cause scrapes and/or bruises
- May propel you into 12 feet of water

Large wave pool that produces ocean-like waves.

Swimming in crowded areas.

Use of floatation devices through fast moving water.

Climbing wet and slippery stairs.

The undersigned and the above-named participant are aware that safety regulations are applicable to this trip, and hereby agree to comply with such regulations and all directions of the instructor and/or other personnel in charge of the program.

Signed _____ Date _____
(Participant or guardian*)

Print Name _____ Relationship _____

*Parent or guardian must sign if participant is under 18 years of age

inweb B68

B-68 (2/15/02)

**WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND PARENTAL CONSENT AND INDEMNITY
AGREEMENT (MINORS UNDER AGE 18)**

In consideration of my minor child being permitted to participate in any way in **Next Step Archery** in sponsored (“Activity”), I agree:

Int. _____ I understand the nature of **Next Step Archery** activities and the Minor’s Experience and capabilities believe the Minor to be qualified to participate in such Activity. I further acknowledge that I and the Minor are aware that the Activity will be conducted in facilities open to the public. I further agree and warrant and will instruct the Minor that if, at any time, the Minor believes conditions to be unsafe, he/she will immediately discontinue further participation in the Activity.

Int. _____ I FULLY UNDERSTAND that: (a) **Next Step Archery** activities involve risks and dangers of **SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH** (“Risks”); (b) these Risks and dangers may be caused by the minor’s own actions, or inaction’s, the actions or inaction’s of others participating in the Activity, the condition in which the Activity takes place or THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and **I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** incurred as a result of the Minor’s participation in the Activity.

Int. _____ I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY, SAVE, AND HOLD HARMLESS **Next Step Archery**, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which Activity takes place (each considered one of the “Releasees” herein) from all liability, claims, demands, losses, or damages on the Minor’s account caused or alleged to be caused in whole or in part by the negligence of the “Releasees” or otherwise, including negligent rescue operations and further agree that if, despite this release, I, the Minor, or anyone on the Minor’s behalf makes a claim against any of the Releases named above, **I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSE, ATTORNEY FEES, LOSS LIABILITY, DAMAGE OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.**

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I AND THE MINOR HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY THE LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Name of Minor Child (Please print)

Print Name of Participant

Print Name of Witness

Date

Signature of Participant

Signature of Witness

Date

All forms must be completed and signed.

NOTE – “Participant” is child, “Witness” is Parent or Guardian



Summer 2017 Equipment Lists

Make sure you show up to your summer events well prepared! Below are lists of some things you should plan to bring on overnight trips and on day trips. Remember, we can provide many of these items, like extra jackets or hiking boots, this is just basic essentials!

| Overnight Trips | Day Trips |
|--|--|
| <ul style="list-style-type: none"> -Water bottle -Comfortable closed-toe walking shoes -Heavy jacket -Waterproof jacket -Wool or fleece sweater -Warm layers -Gloves -Warm hat -Warm socks (synthetic or wool) -1 pair of pants -Bandana -1 Small towel -1 Wash cloth -Swim Wear and towel -Flashlight (extra batteries) -Toiletries: soap (Ivory, if possible), tooth-paste, toothbrush, comb, brush, sanitary napkins if necessary -Medications (if needed) -Allergy medicine (if needed) -Travel size Pillow -Sunscreen -Sunglasses -Lip balm -Camera (optional) | <ul style="list-style-type: none"> -Comfortable closed-toe walking shoes -Waterproof jacket -Warm layers -Swim wear -Towel -Sunscreen -Sunglasses -Medications (if needed) -Camera (optional) -Snacks (optional) |